

Week 8



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Creating lifelong, permanent transformation

- For GI health
- Overall health
- Blueprint plan

Gut Health

- Stay away from foods that you have allergies and sensitivities to
- Stay away from the big ones
 - Artificial flavors and sweeteners
 - HFCS, CS
 - GMO and pesticide laden foods
 - Soda
 - Trans fat and fried foods
- Limit
 - Bad oils
 - Processed foods
 - Sugar

Be nice to your GI tract

- Keep your bowels moving
 - Mg, fiber
- Reset when needed
 - Add in extra nutrients, probiotics
 - Stress, illness, medications
 - Do a gut protocol
- Consider occasional testing
- Charcoal

Overall Health

- Stick to a whole 30/paleo/mediterranean type diet overall
- Adopt an 80/20 or 90/10 plan - depending on long range goals
- Learn to balance food (without guilt)
- Adopt other health habits in balance
 - Exercise/movement
 - Sleep
 - Nature and grounding
 - Meditation/prayer
 - Community/service

Overall health - detox

- Consider a detox yearly to twice yearly
- 10-14 day plan - with targeted supplements and nutrition
 - Great if you have hit a slippery slope and have bad habits creeping in
- Metagenics
- Create your own
- Consider a longer fast - under supervision

Goal sheet

- Make realistic doable goals
- SMART
- Specific
- Measurable
- Action-oriented
- Realistic
- Time-framed

Goals

- Food goal
- Exercise goal
- Rest/PSNS goal
- Learning goal
- Nature/grounding/sunlight
- Sleep

Goals

- Make them doable - but also give room for missing them
- Guilt should not be part of your plans
- Build in motivation - with others - with reward - etc..

Individualized

- Consider what your life goals are
- Consider how you will get there
- Consider what you need to do now
- Based on history, illness, genetics
 - Tailor a plan for you
 - Supplements tailored for you
 - Food plan
- Enjoy the little moments

Other tips

- Plan ahead
- Understand and cement in your WHY
 - Write these down so they are visible daily
- Write short term and long term goals
- Look at the barriers - and plan around these
- Start with one step at a time
- Get support from those around you

Goals

- Long term goals examples (6-12 month goal)
 - Lower BP and get off medication
 - Lose 6 inches
- Short term goals
 - Get off pop
 - Cut back to eating fast food from 3 times a week to 1 time

Changes

- Make changes one at a time until it is habit
- Try adding - instead of taking away
 - Add in the rainbow a day
- Choose more healthy foods you enjoy
- Take current favorites and look into making them more healthy
 - Ex - pasta with meatballs, pizza
- Journal if you like to do this
 - Pay attention to how you feel
 - Pay attention to changes in your food preferences
- Change habits with a partner
 - When one is weaker the other may be stronger
- Join a class or support group

Barriers

- Understand you will learn new barriers along the way
 - Don't beat yourself up about it
 - Use it as a learning opportunity on ways to improve in the future
- You may feel like giving up at times
 - This is normal. Eating healthy is not the normal
 - Think about the progress you have made - give yourself a pep talk - call a support
- Don't forget little rewards - something to look forward to as you keep moving along
- It gets easier and easier as you feel better
- Expect some barriers - the idea is to identify them and plan

Overall...

- Replacing a bad habit with a good one takes time and patience
- Figure your barriers
 - What has stopped your good eating habits in the past?
 - What do you think may stop you in the future?
 - Identify these now and have a plan
- Don't let a slip up derail you - use it as learning

Barriers

- Overcoming Barriers
 - Identify ahead of time - and have a back-up plan
- Some barriers will keep you from even trying to change a habit
- Others pop up as life goes on
- When you hit a barrier - get support - look for a cheerleader

I'll never be able to change how I eat

- Not believing you can do something is fear of failure
- People often put off change because of this fear
- This stops you from even trying or on days you feel down
- Carefully define success and failure
 - Make your goal more achievable
 - Not perfection
 - Not to cure everything
 - Set small measurable goals.
 - Eating 2 piece of fruit and 3 vegetables a day
- Don't start with goals you know you can't keep

I don't have time to make changes

- Common reason!
- Learn to manage time better - find time-management techniques
- Ask others how they manage to fit good nutrition in
 - Look for support, tips on how to make things quick and easy
- Don't try to change too much at a time
- Ask family and friends for help - free up your time
- Cook quick meals. There are many quick healthy meals
- Use devices like an instant pot, slow cooker, batched meals

Health foods cost too much

- Junk food is cheaper - as it is processed cheaply
- You can stay in your budget with planning, shopping and cooking.
- Save money:
 - Learning and planning. Plan a week at a time - plan to use all the food
 - Look for sales
 - Join a co-op, Costco, or other savings shopping
 - Buy on-line
 - Look at markets like Thrive, Azure, etc..

I'll be criticized or made fun of if I eat health food.

- Many worry about how their change in eating habits will look to others
- Hard if family and friends don't want to join
- Solutions:
 - Find others that want to change (web-based, community, classes)
 - Consider having your family educated on the why
 - Find places to eat where you are comfortable
 - Order special foods off a menu casually and with minimum fuss
 - Meat broiled instead of fried - dressing on the side
 - Pre-eat and just be social at events
 - Add in foods and decrease the other foods
 - At home - instead of a separate meal - have a salad and small portions

I'm not good at making changes

- I'm too old, I'm too set in my ways....
- Solutions:
 - Make small and measurable changes
 - Work on self-esteem.
 - Consider counseling, hypnosis, acupuncture
 - List the reasons why a change is needed and the benefits

I don't like health foods

- Fear of the unknown often drives this one
 - I don't like vegetables, I really crave sweets. I will miss them.
- Give it time. Food preferences will change
 - New behavior takes up to 3 months - give it time before you decide you don't like a food. Try different recipes with that food.
- Take it slow. Change how you eat your favorite "bad" foods.
- Recognize how others influence your food preferences.
 - Advertisers prey upon preferences.
 - Food companies make foods addicting and tempting
 - Try to replace these negative messages with positive.

Think positive

- Think about all the good things you CAN eat
- Think about the way you are supporting your body, your cells, and your future health
- This should be liberating - and when you can transition your thoughts to that - it is so much easier
- Food should be nourishing, communication, and helpful

Personal barriers

- To help identify your own barriers to changing your eating patterns -
- Think about the last few times you tried or thought about it
 - What held you back from continuing
- For each response - write a response that helps you reconsider your choice.
- Revisit this list when you want to quit

Food

- Food is medicine
- No greater healing power than food
- We are given too many choices, most are unhealthy!

Blueprint

- Carve out some time for yourself
 - Create your goals
- Meet with your support
 - Go over strategies to help
 - Go over each of your wants and needs
 - Go over barriers
- Figure your goal for 80/20, 90/10, 100
 - Pick your cheats
 - This may change over time
 - Decide on best type of food plan

Blueprint

- Do your homework on your food plan
 - Get recipes, menus - make it easy!
 - Remember to rotate foods
- Join some support groups/facebook groups
- Make it fun - social nights and more
- Consider supplements needed daily
- Consider a plan for times you go off - how to get on quickly
 - Detox or reboot
- Plan for GI distress
 - Oils, supplements, foods

Blueprint

- Is fasting right for you - and what does that look like
- Consider testing if there are still questions/concerns
- Consider a vigorous gut protocol if needed
- If nothing helps - consider other possibilities
 - CIRS
 - Tick diseases
 - Autoimmune issues
- <https://www.heromovement.net/blog/hero-blueprint/>

Coming up

- Q&A after a few weeks
- Folders with recipes, food sources
- Facebook group - 30 day challenge or blog
 - Cooking demo's
 - How to batch cook, etc...
 - Support and possible potlucks